



Cheatham County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Cheatham County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Cheatham County School System that includes:

- School Health Advisory Committee
- Twelve Healthy School Teams
- Student Communicable Disease (i.e.: head lice) policy strengthened and student health services policy strengthened
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,244,795.00.

Community partnerships have been formed to address school health issues. Current partners include:

- TN Technology Center at Dickson-
- LPN Program,
- TN Kidney Foundation,
- GetFitTN,
- Project Diabetes,
- American Heart Association,
- TN Action for Healthy Kids,
- UT Extension,
- TNCEP,
- Cheatham County School System County Health Department,
- Mid-Cumberland Regional Health Department,
- Cheatham County School System County Health Council,
- Cheatham County School System County Community Partners,
- SWPBS District Leadership Team for Cheatham County School System
- Cheatham County School System County Lion's Club,
- Mid-Cumberland Head Start,
- Mid-Cumberland Community Action Agency
- Centerstone
- Ashland City Parks and Recreation

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as school health screenings, wellness nights, cooking with kids events. Currently, about 40 parents are collaborating with CSH.

Approximately 100 students are partnering with CSH to address school health issues. Students have been engaged in CSH activities such as: students in Middle and High Schools volunteer with field days and each elementary school. There they set up stations and teach younger children how to participate in games and races outdoors. Following a collaborative effort to conduct cooking classes at a middle school the students decorated the hallway near cafeteria with My Pyramid information and gave recipes to nutrition staff. A group of students in high schools developed a skit to present to other students in hopes of preventing teen pregnancy.

School Health Interventions

Since CSH has been active in the Cheatham County School System, the following health interventions have taken place:

2,736 students completed health screenings this year. 138 students were referred for further testing of their vision. 28 students were referred for further hearing testing. 203 students were referred for blood pressure results and 473 were referred for BMI results;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 1.9% of the Cheatham County School System students are underweight, 63.3% are at a healthy weight, 15.6% are overweight, and 19.1% are obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include three walking tracks, updates to all middle and elementary playgrounds, cooking carts for elementary schools, comprehensive health education curriculum, and physical activity equipment for all schools;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include suicide and child abuse prevention trainings, bully prevention training, TAPHERD conference for physical education teachers, Healthy Mind/Strong Bodies Conference for guidance counselor, pediatric diabetes seminar for school nurses, bloodborne pathogen training for all employees;

School faculty and staff have received support for their own well-being through after-school exercise programs, health screenings, and vaccination clinics.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – “What’s the Rush” campaign, “Too Good for Drugs” curriculum, “Germ City” and “Organ Wise” curriculums provided by UT Extension;
- Physical Education/Physical Activity Interventions – new equipment purchased and other playground areas updated to promote more physical activity, increased physical activity time during school day;
- Nutrition Interventions – “Kids in the Kitchen”, “Cooking with Kids”, monthly Nutrition Nugget publications, Fresh Fruit and Vegetable Grant recipient, partner with TNCEP Program;
- Mental Health/Behavioral Health Interventions – Centerstone Grant recipient that now houses 7 therapist for students and established bullying prevention programs.

In such a short time, CSH in the Cheatham County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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